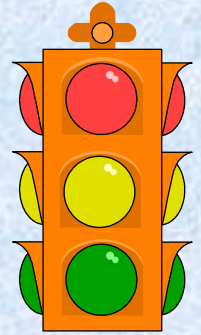
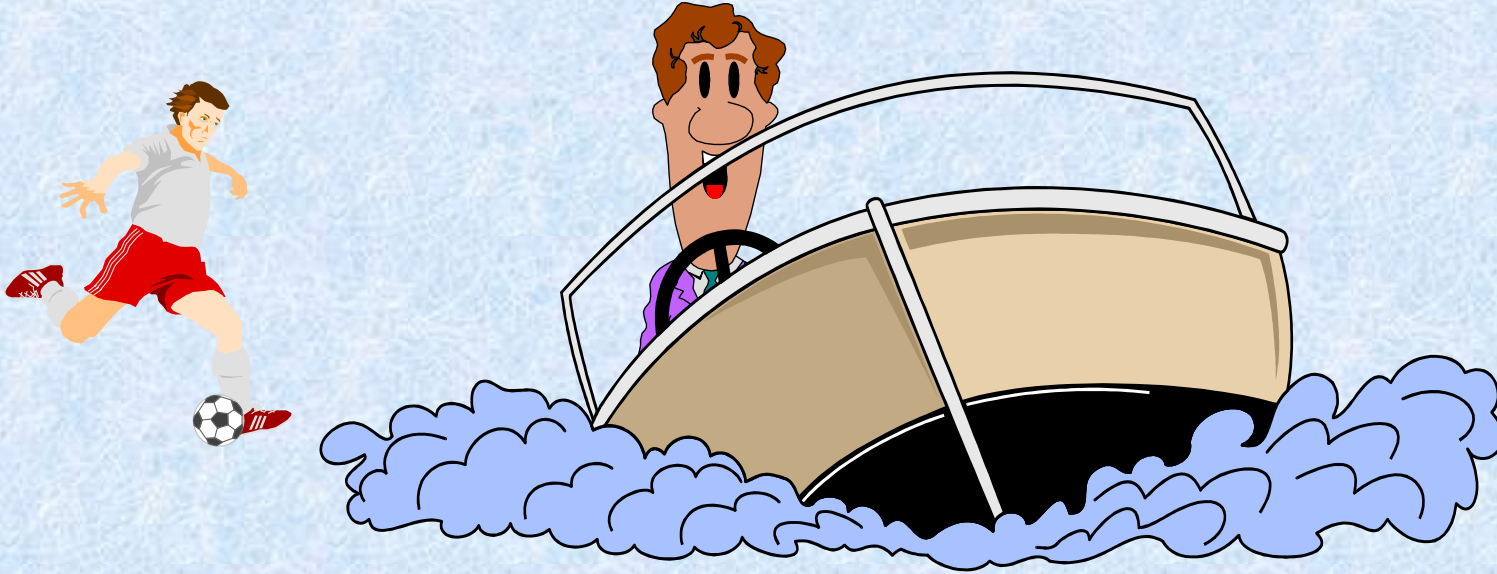
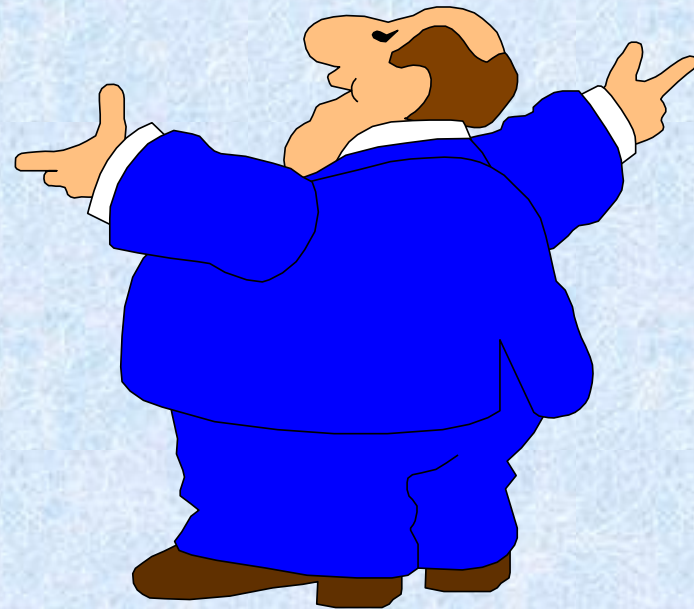


Critical Days of Summer - 2000



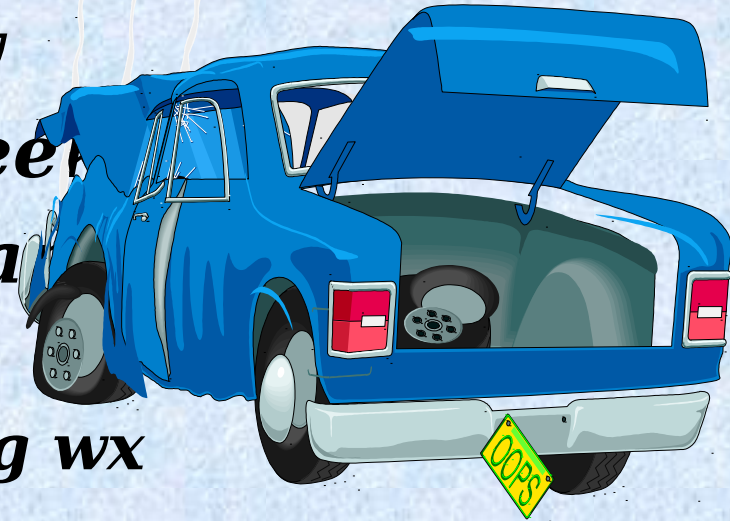
Overview

- *Introduction*
- ▢ *Traffic Safety*
- ▢ *Outdoor Safety*
- ▢ *Recreation Safety*
- ▢ *Home Safety*
- ▢ *On-duty Safety*



Introduction

- Memorial Day to Labor Day***
- (Chusok is the following week)***
- No one immune from mishap***
 - wider variety of activity***
 - higher temperatures/more sig wx***
 - increased risk***
- South Korean Traffic Accident Casualties 703,156 in 1999 - almost 2% of population!!!***



Traffic Safety

➔ ***Travel***

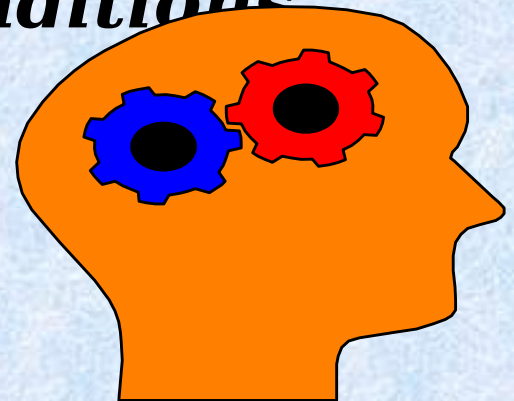
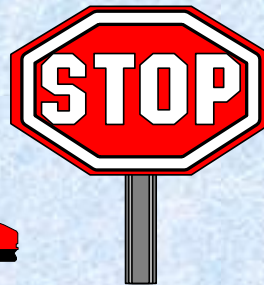
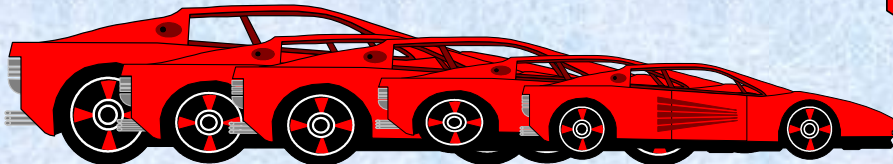
□ ***Fatigue and You***

□ ***Alcohol Kills - Don't drink and drive***



Travel

- ▢ *Plan ahead--prepare vehicle w/emergency equipment: jumper cables, road flares, etc.*
- ▢ *Buckle up every time - Seat belts are mandatory*
- ▢ *Children in backseats - Airbags can kill*
- ▢ *Speed commensurate with conditions*



More Travel

→ Trip Planning:

- Mid-Tour Leave:***
 - Avoid flying to large airport and driving home*
- Have travel routes planned out***
- Take scheduled rest breaks***
- Have emergency plans - Know who to call in case of emergency***

Fatigue and You



- ➔ ***Koreans not the model for safe driving when it comes to fatigue!***
- ▢ ***Fresh air and frequent stops***
- ▢ ***Avoid heavy food and alcohol***
- ▢ ***Rest periodically***
- ▢ ***Sleep in a hotel, not your car***

Get the sleep your body demands

Alcohol Kills

**Why didn't I call
a
cab???**



**He didn't even
see the pedestrian
in the crosswalk!!**



Alcohol Kills

- ➔ ***Alcohol mixed with any activity is the number 1 cause during many safety investigations.***
- ***Lessens inhibitions***
- ***Only way to sober up is time***
- ***What to do?***
 - ***limit consumption***



Outdoor Safety

Stay Hydrated!!!

Heat stress can occur below 85F

- ***Outdoor Sports***
- ***Hiking/walking***



- ***Picnics***
- ***Camping***
- ***Outdoor Sports***
- ***Hiking/walking***

Use SUNSCREEN!!!

At least SPF 15

30+ for fair skin

Recreation Safety



- ***Water Sports***
- ***Jogging***
- ***Bicycling***
- ***Camping***

Swimming

- ✓ ***Swim only in designated swimming areas***
- ✓ ***Swim with a buddy!! - Never swim alone***
- ✓ ***Know your swimming ability***
- ✓ ***Check water before diving***
- ✓ ***Hypothermia - cold water draws body heat***



Jogging



- ➔ ***Warm-up***
- ▢ ***Be visible day and night***
 - ***light colored clothes***
 - ***reflective vest at all times***
- ▢ ***Use sidewalk/path or jog facing traffic***
- ▢ ***Headphones are not authorized***

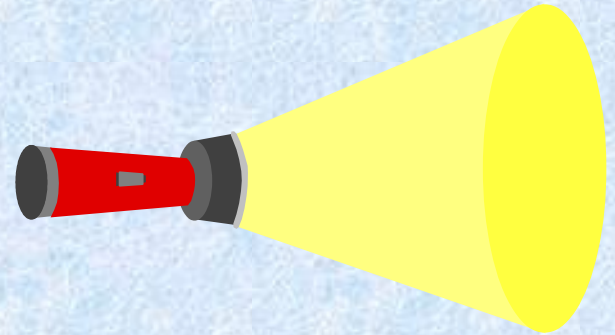
Bicycling

- ▣ ***Obey traffic signs***
- ▣ ***Use hand signals***
- ▣ ***Ride single file***
- ▣ ***Ride on right side of road***
- ▣ ***Be visible day and night***
 - ***light colored clothes***
 - ***reflective vest at all times***
 - ***always wear helmet, not carry it***



Campin

- ✓ **Let someone know your whereabouts**
- ✓ **Camp in approved areas**
- ✓ **Check equipment**



- ✓ **Use caution when starting fires!**

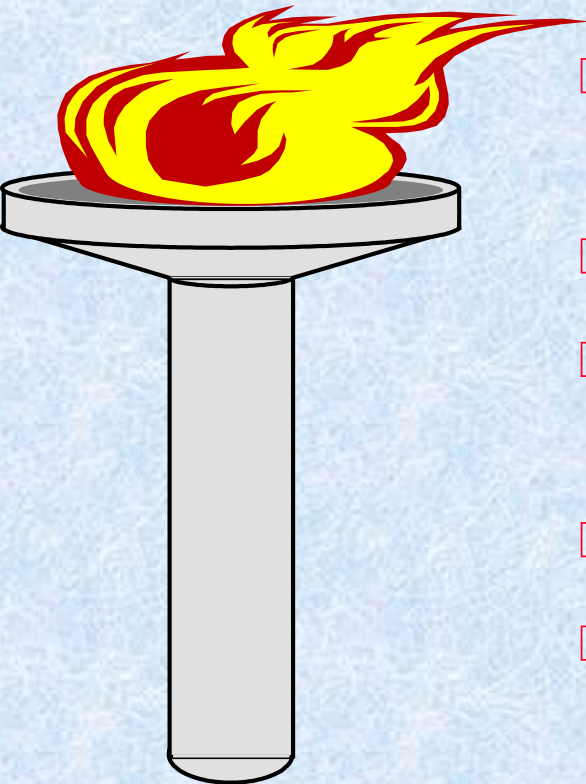


Home Safety

- ***Cooking
Outdoors***
- ***Fireworks***



Cooking outdoors



- ➔ ***Use charcoal/lighter fluid, not gasoline***
- ▢ ***Keep grills away from house and overhangs***
- ▢ ***Never leave grill unattended***
- ▢ ***Never put lighter fluid on lit coals***
- ▢ ***Let coals cool before disposal***
- ▢ ***Have fire extinguisher ready***

Fireworks

- ➔ ***Watch the professional***
- ***Fireworks are not toys***
- ***Always supervise***
- ***Be alert for fire - never light near house***
- ***Fireworks are not authorized on base - that includes***



A Thought

*Every man is a fool
for at least five
minutes a day;
wisdom consists of
not exceeding the
limit.*

**Manage risk on and
off duty!**



Use Risk Management



- 1 Do not accept unnecessary risk**
- 2 Make risk decisions at the appropriate level**
- 3 Accept risk when benefits outweigh costs**



Conclusion

***This summer, be careful, be risk wise
and most of all, be back after the
101 Critical Days of Summer!***

**From your Safety Staff.
TSgt Haavisto and SSgt
DeCorte**

